

sports programs

Youth Programs

Beginner & Intermediate Fencing

Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At the first day of class, you will need to rent equipment for \$20, or you can bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited so don't miss your chance, sign up today! Equipment fees (\$20) need to be paid to instructor at the first day of class.

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 7-June 11	8-16	Tu	7pm-8pm	Hugh Mercer Elementary	\$70/\$75

Goju Karate

An addition to our long-standing Martial Arts programs, Goju is a form that dates back to the 19th century. By name, Goju means hard and soft strikes, and the form utilizes breathing techniques and movement to teach balance, coordination, and control. It's a wonderful addition for anyone looking for a fun, inexpensive way to try a martial arts program.

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 6-June 24	5-13	M	6:30pm-7:30pm	Dorothy Hart Center	\$35/\$45
May 6-June 24	14 and up	M	7:30pm-8:30pm	Dorothy Hart Center	\$35/\$45

Junior Karate

Our Junior Karate class is a great introduction into the world of martial arts for children ages 5-7. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited.

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 11-June 22	5-7	Sa	9am-10am	Dorothy Hart Center	\$35/\$45
July 13-Aug 24	5-7	Sa	9am-10am	Dorothy Hart Center	\$35/\$45

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Isshinryu Karate

A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. The instructor does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids -- you'll both have fun, and learn something too!

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 11-June 22	8 and up	Sa	10am-12pm	Dorothy Hart Center	\$35/\$45
July 13-Aug 24	8 and up	Sa	10am-12pm	Dorothy Hart Center	\$35/\$45

Stand-Up Paddle Boarding

Black Dog Paddle Boarding brings Stand Up Paddle Boarding to Fredericksburg! Black Dog uses certified ACA SUP instructors, so you are guaranteed to receive the best possible instruction! Take a class then take an Eco-Tour! Lessons cover all the basics as well as safety, strokes, balance, and include a short Eco-Tour. All ESSENTIAL gear is provided: SUP board, paddle, PFD, and leash. Max weight limit is 235lbs due to equipment stability. It is recommended to bring water, sunscreen, snack, towel, and change of clothes.

Dates	Ages	Days	Time	Location	Fee (R/NR)
June 9	11 and up	Su	10am-1pm	Motts Run Reservoir	\$79/\$85
June 23	11 and up	Su	10am-1pm	Motts Run Reservoir	\$79/\$85
July 14	11 and up	Su	10am-1pm	Motts Run Reservoir	\$79/\$85
July 28	11 and up	Su	10am-1pm	Motts Run Reservoir	\$79/\$85
Aug 18	11 and up	Su	10am-1pm	Motts Run Reservoir	\$79/\$85

Youth Field Hockey

Field Hockey has quickly become one of the fastest growing sports programs in the area. Grab your stick and sign up before it's too late. SPECIAL REGISTRATION FORM REQUIRED.

Dates	Division	Age	Location	Fee (R/NR)
Aug 12-Oct 12	Rookie	7-9	Dixon Park Fields	\$25/\$50
Aug 12-Oct 12	Junior	10-11	Dixon Park Fields	\$25/\$50
Aug 12-Oct 12	Senior	12-15	Dixon Park Fields	\$25/\$50

Registration Begins:
6/5 City, 6/12 Non-City
Deadline to Register: 7/25
\$20 Late Fee after 7/25

Youth Flag Football

(Ages: 6 to 8 yrs) Learn the basic fundamentals in this league designed for fun, sportsmanship and teamwork. Practices start Tuesday, August 20th at Old Mill Park. Games will be held on Wednesday nights and select games will be played at Maury Stadium following Fredericksburg Colts Youth Football Games. \$20 late registration fee after July 25th. SPECIAL REGISTRATION FORM REQUIRED.

Dates	Division	Age	Location	Fee (R/NR)
Aug 20-Oct 20	Youth	6-8	Various Locations	\$25/\$50

Registration Begins:
6/11 City, 6/18 Non-City
Deadline to Register: 7/25
\$20 Late Fee after 7/25

Youth Programs

Youth Football

(Ages: 9-13 yrs) Fredericksburg Parks and Recreation is a member of the Rappahannock River Youth Football League (RRYFL), and games are played across the Fredericksburg and Northern Neck area. Practices are held at Old Mill Park and Walker-Grant Middle, and scheduled to begin Monday, July 29th. This is a travel-intensive program, and fills quickly. \$20 late registration fee after July 11th. **SPECIAL REGISTRATION FORM REQUIRED.**

Dates	Division	Age	Location	Fee (R/NR)
July 29-Nov 2	Junior Varsity	9-10	Various Locations	\$90/\$120
July 29-Nov 2	Varsity	11-13	Various Locations	\$90/\$120

Registration Begins:
6/11 City, 6/18 Non-City
Deadline to Register: 7/11
\$20 Late Fee after 7/11

Youth Fall Soccer

(Ages: 6 to 16 yrs) Players learn fundamentals including dribbling, passing, shooting and teamwork. Practices are on either Mondays & Wednesdays, or Tuesdays & Thursdays. Games are during the week and on Saturdays. All practices and games will be held at Dixon Park. Practices start August 19th, and games begin September 3rd. \$20 late registration fee after July 25th. **SPECIAL REGISTRATION FORM REQUIRED.**

Dates	Division	Age	Location	Fee (R/NR)
Aug 19-Oct 26	Novice	6-7	Dixon Park Fields	\$25/\$50
Aug 19-Oct 26	Rookie	8-9	Dixon Park Fields	\$25/\$50
Aug 19-Oct 26	Junior	10-12	Dixon Park Fields	\$25/\$50
Aug 19-Oct 26	Senior	13-16	Dixon Park Fields	\$25/\$50

Registration Begins:
6/11 City, 6/18 Non-City
Deadline to Register: 7/18
\$20 Late Fee after 7/18

A special THANK YOU to our coaches and sponsors!

Coaches:

Mavis Allen
Robert Almy
Dianna Blair-Baughman
Michael Carmody
Jason Carter
David Coutts
Jammie Frankin
Charlie Frye, Jr.
Jason Haag
Dean Holland
Shirelle Jacobs
Jumaane King
Philip King
Robert Landeck
Ralph Lewis
Jamie Locklear

Michael Matthews
Scott Merriman
Jim Nance
Joe Nicotera
Olivia Nicotera
Rick Philips
Anthony Rock
Carolyn Carter-Rollins
Jeff Scott
Shane Sims
Kevin Tighe
Romel Turner
Steve Watkins
Tracey Young

Sponsors:

Alsop Trucking Inc.
Businets, Inc.
Dovetail Cultural Resource Group
Goolricks Pharmacy
Premier Physical Therapy
Strong Tower Ministries

Tot Programs

Lil' Rushers Football

(Ages: 4 to 5 yrs) This FUNdamental program teaches girls and boys 4-5 year olds the basic skills of the game including passing, catching, running, and offensive/defensive plays. This 5-week program meets for one hour over five Saturdays at Old Mill Park. No age waiver into Lil' Rushers Football allowed. SPECIAL REGISTRATION FORM REQUIRED

7-Sept to 5-Oct

Old Mill Park

\$20 City; \$40 Non-City

Registration Begins:

6/11 (Residents); 6/18 (Non-Residents)

Deadline to Register: 8/15

\$20 Late Fee after 8/15

Lil' Kickers Soccer

(Ages 4 to 5 yrs) Lil' Kickers is our introduction to soccer program for kids, teaching players the basic fundamental skills to soccer in a non-competitive, encouraging environment. The program meets for one hour over five Saturdays at Dixon Park. Teams will practice for the first 30 minutes, and scrimmage for the last 30 minutes. No age waiver into Lil' Kickers Soccer is allowed. SPECIAL REGISTRATION FORM REQUIRED.

7-Sept to 5-Oct

Dixon Park

\$20 City; \$40 Non-City

Registration Begins:

6/11 (Residents); 6/18 (Non-Residents)

Deadline to Register: 8/15

\$20 Late Fee after 8/15

Lil' Strikers Field Hockey

(Ages 5-6) Join this program that will introduce your 5 and 6 year olds to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is November 1. SPECIAL REGISTRATION FORM REQUIRED.

8-Sept to 6-Oct

Dixon Park

\$20 City; \$40 Non-City

Registration Begins:

6/5 (Residents); 6/12 (Non-Residents)

Deadline to Register: 8/16

\$20 Late Fee after 8/16

Volunteers Needed!

**Do you like
giving back?
working with kids?
sharing your skills?
to help make a difference?
having fun?**

**If so, join us as a volunteer! Volunteer
for an hour, a day, or a lifetime!
Volunteers are always needed in the
following areas:**

Special Events

First Night • Soap Box Derby • Childrens' Art Expo
and more!

Sports Coaches

Administrative Assistance

Camp Aids & Instructors

Sports Camps • Arts Camps • Childrens' Camps

**For more information, please call
(540) 372-1086
or e-mail us at
fredprpf@fredericksburgva.gov**